

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

173.3

5

H34N2



NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

Published Monthly by the
Production and Marketing Administration
With the Approval of the Director, Bureau of the Budget

News Letter

NUMBER 78

WASHINGTON, D. C.

JANUARY 1949

AGRICULTURE'S CONTRIBUTION TO GOOD LIVING

In a talk at the Colorado Agricultural College during the past year, Secretary of Agriculture Charles F. Brannan said "an era of truly good living" means peace in the world, prosperity, and "friendship among economic groups here at home....I mean enough food, shelter, and clothing, enough education and recreation, enough opportunity and freedom so that the individual can develop in body, in mind, and in spirit, as a human being by his very nature is entitled to develop....

"...agriculture's part of the job is the fulfillment of abundance—organized, sustained, realistic abundance....The war has taught us that a big gap exists between the ideal of a good diet for the American people and the realization of that ideal....

"What are we going to do about that? The American people have adopted a national policy the principle that we cannot allow our land to be endlessly depleted by erosion. Shall we, then, permit part of the strength of our basic resource—our people—to be depleted by malnutrition?...

"...If Americans are to be adequately fed,...farmers must produce the required quantity and quality of food....Buying power must be sufficient, or supplemental means should be found....And finally it is necessary that many more Americans be educated as to the value and the composition of a well-balanced diet."

NUTRITION REPORT OF FAO CONFERENCE

The Director of the Nutrition Division of the United Nations Food and Agriculture Organization, Dr. W. R. Aykroyd, reported at the Fourth Annual Conference of FAO in Washington, D. C., November 15-29, on the 1948 work program of the Division and said that the 1949 program would be essentially a continuation and extension.

He concluded by saying that the Nutrition Division, although small, occupies an important position in FAO, as FAO production objectives must conform with nutritional requirements. He added that effective nutritional policies designed

by competent nutrition workers give direction to all activities which aim toward a stimulation of production.

The Conference approved the program outlined and requested that the recommendations made at the regional nutrition conferences at Baguio and Montevideo (October NNL) and at the Cairo conference held in February 1948 be implemented. Further regional conferences are to be arranged.

The Conference also recommended that FAO continue to cooperate actively with the United Nations International Children's Emergency Fund (June NNL) and to collaborate with the World Health Organization (October NNL).

The Division is carrying on technical studies on food composition, dietary surveys, school feeding (December NNL), nutrition education, and food technology, according to Dr. Aykroyd's report. The Conference attached special importance to those studies which develop standard methodology in, for example, dietary surveys, physiological requirements for calories and nutrients, and food composition. It recommended that the field of food composition be extended to cover the influence on nutrient content of such factors as climate, cultural conditions, and variety, and of the nutritive value of foods, especially wild plants, used by primitive and remote peoples.

The discussion of nutrition problems was continued by the Standing Advisory Committee on Nutrition which met immediately following the close of the FAO Conference.

Fifty-seven member nations sent delegates to this Conference; in addition, there were observers from nonmember nations and international organizations. Agriculture Secretary Brannan served as chairman of the Conference. It opened with a message of welcome from President Truman and he addressed it in person on November 24.

Director-General Norris E. Dodd pointed out that previous conferences of FAO have been concerned with organization and with building foundations for work. Now the organization is completed; FAO is a going concern with work begun.

in every field—nutrition and food management, agriculture, forestry, fisheries, rural welfare, and improvement of statistical measuring rods. Now it can settle to the long, hard pull toward accomplishment of its great design, he said.

The annual review of the state of food and agriculture provides for the necessary and continuing measurement of progress and problems. Although better 1948 crops have dulled the edge of the food crisis, we have not yet matched the growing needs of a growing world, either in the care and development of our resources, or in the application of modern science to production, or in the improvement of distribution and use of products of the soil and waters. Although study and understanding of the problem is necessary, accomplishment is secured only through action, and action must in the main come from member governments themselves.

Three printed reports were prepared for this Conference: "National Progress in Food and Agriculture Programs 1948" (147 pp., \$1); "The State of Food and Agriculture 1948" (216 pp., \$2); and "Work of FAO 1947-48" (90 pp., \$1). These may be secured from the International Documents Service, Columbia University Press, 2960 Broadway, New York 27, N. Y., at the prices indicated. A popular folder "FAO, What It Is, What It Does, How It Works," and a 21-page booklet "Facts About FAO" are available free from the Food and Agriculture Organization, 1201 Connecticut Avenue NW., Washington 25, D. C.

NUTRITION COMMITTEES IN OTHER COUNTRIES

Official national nutrition councils have been created and are functioning in 20 of the 46 countries and territories for which reports were received by the FAO, according to its report "National Progress in Food and Agriculture Programs 1948," mentioned in the foregoing article.

Some councils have been established by governmental decree, as in Canada, Norway, Peru, the Philippines, and the Union of South Africa. Others have developed as committees of a research council or institute. In a few countries, such as Chile, unofficial associations of nutrition workers carry out a number of the functions of a national nutrition organization. Several countries, for example, France, the United Kingdom, and Japan, have an unofficial nutrition workers' association in addition to an official organization.

The most important functions of these national nutrition organizations are to advise their governments on matters of nutrition policy and programs, and to coordinate the activities of all governmental and nongovernmental agencies engaged in nutrition work, relating them to local conditions. They have helped to solve urgent food problems and to promote scientific and educational work. Many of them are concerned with school and other supplementary feeding programs while practically all of them carry on nutrition and dietary surveys.

PROGRESS ON ENRICHMENT

"State laws requiring that white bread and white rolls shall be enriched with minimum units of vitamins and minerals appear to have had no marked influence upon the total amount of milk solids used in the bakery industry in the United States." This conclusion was drawn by Hugh L. Cook, jointly employed by the Bureau of Agricultural Economics and the University of Wisconsin, from information given by 540 bakers throughout the United States in reply to a questionnaire. He found that two-thirds of the bakers in business 10 years or more used the same proportion of milk solids in their baking formulas in 1947 as in 1939.

Further information on the use of mill in bread and on enrichment of bread and flour is given in "Outlook for Bread and Flour Enrichment, Review of Events During 1947-48," recently issued by the Food and Nutrition Board of the National Research Council, 2101 Constitution Ave. NW., Washington 25, D. C. Copies may be obtained from the Board without cost.

"Facts and Recipes for Corn Meal and Grits," Circular 275, has recently been revised by the Extension Service of the Clemson Agricultural College at Clemson, S. C. A limited quantity of this illustrated 20-page circular is available from the Extension Service in Clemson.

NEWS OF STATE COMMITTEES

CHICAGO, ILL.—Three meetings—the November 4 school lunch conference reported in December>NNL, a member meeting on November 10, and the Second Annual Public Meeting on Nutrition held on October 13 and 14—have meant a busy fall for the Chicago Nutrition Association.

The luncheon meeting for members featured a talk on "The Research Program Conducted in the Surgeon General's Medical Nutritional Laboratory."

The 2-day Public Meeting on Nutrition was sponsored by the Chicago Medical Society and cooperating organizations. Showing of color films took up the morning sessions, while afternoons and evenings were devoted to discussions of various aspects of nutrition and health. This meeting was open to the public without charge.

The Illinois Congress of Parents and Teachers sent a questionnaire to parents of children in the Chicago elementary schools which have PTA's, asking for information about their children's lunch habits and for recommendations for improving school lunchrooms. Mothers and fathers showed an amazing interest in their school lunchrooms and were willing to cooperate in keeping them open. Since an analysis of the replies indicated a need for improving the food, a refresher course for cooks was suggested.

CONNECTICUT.—A subcommittee of the Connecticut Nutrition Council prepared an outline for use in rating children's diets and in teaching nutrition in schools. Copies of this Diet Study were distributed to all superintendents of schools and school principals with a statement that "the purpose of teaching nutrition is to teach a way of living."

This Diet Study includes a form on which the children list the foods they eat each day for a week or for a 3-day period. After adding the number of servings eaten of each of the Basic 7 food groups, the children compare their scores with the maximum score obtainable, which is based on the recommended daily number of servings of each group. To aid them in scoring their diets the children are given a paper which lists the seven food groups with the recommended daily servings. The teachers check the scoring and summarize the data.

The findings are used to guide the teaching of nutrition since they show how good present diets are and which foods are short in the diets. A number of suggestions are made to teachers, and available resources for help are listed. A second study can be made after a period of instruction to determine any changes in food practices.

NEW YORK STATE.—"What Is Nutrition?" was the subject for discussion at the first afternoon meeting of the State Nutrition Institute held at Cornell University July 19 and 20. Outstanding authorities presented such aspects as medical, food production, industrial feeding and school lunch, and homemakers

program. The evening session was devoted to the world food situation.

On the second day, the National Research Council Recommended Dietary Allowances, Their Basis and Use, were explained. Under "Current Nutritional Studies and Implications for Nutrition Programs" three studies were presented: New York State Food Commission; measuring nutritional status; and underweight and undersized children. After a question box on the second afternoon, there was a talk on "Getting Desirable Changes in Food Habits."

The State Nutrition Committee each year arranges for a 2-day nutrition institute for nutrition workers in the State.

INDIANA.—School lunch requirements and regulations for the coming year were outlined at the bimonthly meeting of the Indiana Nutrition Council on September 18 in Indianapolis by a member of the School Lunch Division, State Department of Public Instruction. This Department has recently employed a trained home economist as nutrition consultant to the school lunch program. She will give consultant service and promote county and area-wide training institutes and spend some time in the field surveying school lunch operations.

In the round-table discussion on "Ways in Which the Nutrition Council Can Give Assistance with Present Consumer Food Problems," it was suggested that less expensive foods with recipes be played up in magazines published by chain stores.

Mrs. Anne M. Lee was unanimously elected chairman of the Council.

The November 13 meeting included a brief review of activities of other State nutrition councils and a summary of the replies sent in by Council members in response to the chairman's questionnaire. This questionnaire asked for suggestions regarding (1) means to promote further cooperation with all education programs that contribute to nutrition; (2) nutrition problems in Indiana which the Council could help solve; and (3) a wider representation of agencies concerned with nutrition on the Council. It also stated that the purposes of the Council are to improve the nutritional status of all people in Indiana by cooperating with all educational programs and sponsoring programs that contribute to better nutrition, and bringing together representatives of all agencies to clarify nutrition needs in Indiana.

The program also included discussions of "How the Nutrition Council Can Coop-

erate in the Program of the Home Economics Teacher-Retailer Cooperation" and "How the Nutrition Council Can Help in the Indiana School Lunch Program."

Fountain County.—Fountain County is one of the Indiana counties where, since the close of the war, the county nutrition committee has remained active. Mr. Lawrence McKinney is the chairman. An all-day institute for school lunch cooks and school administrators held at Kingman High School on October 27 was sponsored by the Indiana State Board of Health and the Fountain County Nutrition Council. The program opened with a demonstration by the county home demonstration agent with the assistance of the Kingman and Richland township home economics teachers of how to prepare common, seasonable vegetables.

Those in attendance included school lunch cooks, sponsors, school administrators, and home economics teachers. At noon they observed the school lunch line as the children selected their food, and then followed in the line for the same meal. The afternoon was taken up with discussions of sanitary dishwashing and planning the school lunch to meet the needs of the children. The Danville newspaper ran a feature story with pictures of the institute.

Since the school administrator is responsible for the school lunch in his school it is important that he be thoroughly familiar with how it should be carried on and how it can be improved, according to Lelia Ogle, secretary of the Indiana Nutrition Council. This institute not only enabled administrators to see a school lunch in action, but it furnished a pattern for similar meetings that could be carried on in other counties. A questionnaire filled in by those present indicated they would like another such institute in January and listed things they would like on the program.

Following the institute, each school which has a school lunch will plan and hold a parents meeting, inviting people from a neighboring school which does not have a lunch. At this evening meeting the group will eat a regular school lunch followed by a program which will present "Food Needs of School Children" and an explanation of school lunch and some problems with which parents may help.

The Fountain County Nutrition Council has been interested in the school lunch

for several years (see November 1946>NNL).

In addition, the relationship of fertile soil and nutritious food is receiving considerable attention. Its program is geared to insure fertile soil, nutritious food, and healthy vigorous children.

NEW YORK CITY.—A nutrition exhibit contest sponsored by the New York City Food and Nutrition Committee was opened on September 14 to home economics students of the 7th, 8th, and 9th grades. Work kits of nutrition literature were given homemaking teachers.

The theme of the contest is "Food for Figure, Fitness, and Fun." Each school is eligible to submit its two best exhibits. Prizes will be given and the prize-winning exhibits will be shown at Education Hall, American Museum of Natural History, in February.

Every Tuesday afternoon, from September 28 through January 25, sessions of the in-service training course for teachers on "Nutrition Education in the Classroom" are held. This course is sponsored by the Queens Health Council in cooperation with the Board of Education, Red Cross, Health Department, Medical Society of Queens, Queens College, Queens Nutrition Committee, and Queensboro Tuberculosis and Health Association. At the opening meeting 56 teachers registered.

Dr. Charles Glen King of the Nutrition Foundation spoke on "Recent Changes in Recommended Dietary Allowances of the National Research Council—Their Implication in Public Health Nutrition" at the October 25 meeting of the New York City Food and Nutrition Committee. A report of the Planning Board and a discussion of the invitation from the Health Council to affiliate as the Food and Nutrition Division of the Council made up the rest of the agenda.

Sincerely yours,



M. L. Wilson, Chief
Nutrition Programs



W. H. Sebrell, Consultant